



FUTURE LEADER CAMP

Health Acknowledgement Form

Please read carefully. Future Leader Camp (FLC) is physically demanding and acceptance into the program is contingent upon the applicant being physically and mentally capable of participating safely in all activities. Applicants and their parent(s) and/or guardian(s) must accurately complete this Health Form, the attached Medical Release and Waiver Form, and obtain a physician's signature certifying the applicant is in good health and physically capable of participating in all aspects of the program. Physical activities during the program will include, but are not limited to:

Daily Calisthenics: Pushups, sit-ups, leg lifts, jumping jacks, stretching, etc.

Running: Up to two-miles each day

Walking: Up to six-miles with backpack during Orienteering and Team Challenge Course

Obstacle Course: Includes climbing, jumping, leaping, crawling, lifting

Rappelling: Off a 40' tower and an 80' rock face (Deer Leap Mountain)

Climbing: A 30' climbing wall and a 50' rock face (Deer Leap Mountain)

Hiking: Up to 8-miles on steep terrain (Rated moderate to strenuous)

Self Defense Training: Fundamentals

Olympic Challenge: Running, jumping, leaping, crawling, lifting, throwing, balancing, pulling, pushing

Team Challenge Course: Walking & running on steep terrain

Camping: Living in improvised shelters, cooking evening meals (2-nights)

Swimming: Water Survival (Accommodations made for non-swimmers)

Required Acknowledgements

PARTICIPANT: I, _____ hereby acknowledge that I am willing to
First Name Middle Name Last Name

participate in all the aforementioned activities during the Norwich University Future Leader Camp.

Applicant's Signature & Date

PARENT/GUARDIAN: I, _____ hereby acknowledge that my
First Name Middle Name Last Name

son/daughter is fully capable of participating in the aforementioned activities during the Norwich University Future Leader Camp and is not currently under the care of a physician for any injury or illness that would prevent his/her safe participation.

Parent/Guardian's Signature & Date

PHYSICIAN: The above named applicant is in good health and physically capable of participating in the aforementioned activities during the Norwich University Future Leader Camp.

Physician's Signature & Date

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